

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A composition comprising a reduced folate compound and a cobalamin compound in amounts sufficient to exert a chondroprotective effect, wherein said reduced folate is selected from the group consisting of 5-formimino-(6S)-tetrahydrofolic acid and 5-formimino-(6R,S)-tetrahydrofolic acid.
2. (currently amended) ~~The composition of claim 1~~ A composition comprising a reduced folate compound and a cobalamin compound, wherein the ratio of said reduced folate compound and said cobalamin ranges from ~~2.5~~ 50:1 to 125:1.
3. (currently amended) The composition of claim ~~1~~ 2, wherein said reduced folate compound is present in an amount from 0.01 mg to 500 mg and said cobalamin compound is present in and amount from 0.0002 mg to 10 mg.
4. (currently amended) The composition of claim ~~1~~ 2, wherein said reduced folate compound is present in an amount from 0.1 mg to 50 mg and said cobalamin compound is present in and amount from 0.002 mg to 1 mg.
5. (currently amended) The composition of claim ~~1~~ 2, wherein said composition does not comprise folic acid.

6. (currently amended) The composition of claim 1 2, wherein said composition further comprises a betaine compound.

7. (original) The composition according to claim 6, wherein said betaine compound is present in amounts of from 500 mg to 20,000 mg.

8. (original) The composition according to claim 6, wherein said betaine compound is present in amounts of from 500 mg to 2000 mg.

9. (currently amended) The composition of claim 1 2, wherein said reduced folate compound is 5-methyl-tetrahydrofolate.

10. (currently amended) The composition of claim 1 2, wherein said reduced folate is selected from the group consisting of (6S)-tetrahydrofolic acid, 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-tetrahydrofolic acid, 10-formyl-(6R)-tetrahydrofolic acid, 5,10-methylene-(6R)-tetrahydrofolic acid, 5,10-methenyl-(6R)-tetrahydrofolic acid, 5-formimino-(6S)-tetrahydrofolic acid, (6R,S)-tetrahydrofolic acid, 5-methyl-(6R,S)-tetrahydrofolic acid, 5-formyl-(6R,S)-tetrahydrofolic acid, 10-formyl-(6R,S)-tetrahydrofolic acid, 5,10-methylene-(6SR)-tetrahydrofolic acid, 5,10-methenyl-(6R,S)-tetrahydrofolic acid, and 5-formimino-(6R,S)-tetrahydrofolic acid.

11. (currently amended) A composition comprising folic acid or a reduced folate compound, a cobalamin compound, and betaine in amounts sufficient to exert a chondroprotective effect, wherein said folic acid or reduced folate compound comprises 150-1000 mg of said composition.

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U.S.S.N. 10/202,634

12. (currently amended) A composition according to claim 11, wherein ~~said folie acid is present in an amount from 0.01 mg to 50 mg~~, said cobalamin compound is present in and amount from 0.0002 mg to 10 mg, and said betaine is present in an amounts from 50 mg to 20,0000 mg.

13. (currently amended) A composition according to claim 12, wherein ~~said folie acid is present in an amount from 0.1 mg to 5 mg~~, said cobalamin compound is present in and amount from 0.002 mg to 1 mg, and said betaine is present in an amounts from 500 mg to 2000 mg.

14.-47. (canceled)